

MHPN Webinar: Working Together to Recognise and Treat Complicated Grief

List of Supporting Resources



Books / Journal Articles

Beyond Kübler-Ross: Recent developments in our understanding of grief and bereavement by Christopher Hall MAPS, Australian Centre for Grief and Bereavement at www.psychology.org.au/publications/inpsych/2011/december/hall

Bolger, N., Burke, C.T., Carnelley, K.B. & Wortman, C.B. *The time course of grief reactions to spousal loss: evidence from a national probability sample*. Journal of Personality & Social Psychology 2006 Vol 91. No. 3. 476-492.

Grace H. Christ. *Impact of Development on Children's Mourning*. Cancer Practice March/April 2000, Vol. 8, No. 2

Griese, B., (2011) *Children Facing Mortality: Understanding and Addressing the Impact of Childhood Experiences with Death and Dying*, Death Studies, 35:4, 373-379 (<http://dx.doi.org/10.1080/07481187.2010.497735>)

Kari E. Bugge, Philip Darbyshire, Eline Grelland Rokholt, Karen Therese Sulheim Haugstvedt & Solvi Helseth (2014) *Young Children's Grief: Parents' Understanding and Coping*. Death Studies, 38:1, 36-43 (<http://dx.doi.org/10.1080/07481187.2012.718037>)

O'Connor, M., and Breen, L.J: *General practitioners' experiences of bereavement care and their educational support needs: a qualitative study*. BMC Medical Education 2014, 14:59

Pies, R., : *The Two Worlds of Grief and Depression*, PsychCentral, at <http://psychcentral.com/blog/archives/2011/02/23/the-two-worlds-of-grief-and-depression/>

Wilhelm, K. *Making sense of the complex depressed patient, Part 1: medical illness, including effects of drugs and alcohol*. Medicine Today. April 2009, Volume 10, Number 4.

Wilhelm, K. *Making sense of the complex depressed patient Part 2: temperament and personality factors*. Medicine Today. May 2009, Volume 10, Number 5.

Wilhelm, K. *Making sense of the complex depressed patient Part 3: melancholic and psychotic depression*. Medicine Today. June 2009, Volume 10, Number 6.

Support Services

Beyond Blue - children

www.beyondblue.org.au/the-facts/suicide/understanding-suicide-and-grief/suicide-and-grief/what-is-grief-children-and-grief

Beyond Blue - adults

<http://resources.beyondblue.org.au/prism/file?token=BL/0390>

Australian Centre for Grief and Loss

www.grief.org.au

CareSearch, palliative care knowledge network

www.caresearch.com.au/caresearch/tabid/3434/Default.aspx

Bereavement Care Centre

www.bereavementcare.com.au/links.html

Encyclopedia of Death and Dying

www.deathreference.com/Gi-Ho/Grief-and-Mourning-in-Cross-Cultural-Perspective.html

Australian Child and Adolescent Trauma, Loss and Grief Network

www.earlytraumagrief.anu.edu.au

The Dougy Center

www.dougy.org

Skylight

www.skylight.org.nz

Complicated Grief Assessment Tool by Holly G. Prigerson & Paul Maciejewski

Please mark the box next to the answer that best describes how the respondent has been feeling over the past month. The blanks refer to the deceased person over whom the respondent is grieving.

Criterion A:

A.1a. In the past month, how often have you felt yourself longing and yearning for_____?

- Almost never (less than once a month) - 1
- Rarely (2-6 times/month) - 2
- Sometimes (more than 7 times/month, but not every day) - 3
- Every day - 4
- Several times every day - 5

A.1b. In the past month has the yearning been distressing to you or disruptive to your daily routine?

Yes
No

A frequency of “every day” or “several times a day” OR distress or disruption caused by the yearning is required for a Complicated Grief diagnosis.

Criteria B:

Below, 4 of 8 B Criteria must have an intensity of “4” or “5”.

B1. In the past month, to what extent have you had difficulty accepting the death?

- No difficulty accepting the death - 1
- A slight sense of difficulty accepting the death - 2
- Some difficulty accepting the death - 3
- A marked sense of difficulty accepting the death - 4
- Extreme difficulty accepting the death - 5

B2. In the past month, to what extent have you had difficulty trusting people?

- No difficulty trusting others - 1
- A slight sense of difficulty trusting others - 2
- Some sense of difficulty trusting others - 3
- A marked sense of difficulty trusting others - 4
- An extreme sense of difficulty trusting others - 5

B.3. In the past month, to what extent have you felt bitter over _____'s death?

- No sense of bitterness - 1
- A slight sense of bitterness - 2
- Some sense of bitterness - 3
- A marked sense of bitterness - 4
- An extreme sense of bitterness - 5

B4. Sometimes people who lose a loved one feel uneasy about moving on with their life. In the past month, to what extent do you feel that moving on (for example, making new friends, pursuing new interests) would be difficult for you?

- Moving on would not be difficult - 1
- Moving on would be a little difficult - 2
- Moving on would be somewhat difficult - 3
- Moving on would be very difficult - 4
- Moving on would be extremely difficult - 5

B.5. In the past month, to what extent have you felt emotionally numb or had difficulty connecting with others?

- No sense of numbness - 1
- A slight sense of numbness - 2
- Some sense of numbness - 3
- A marked sense of numbness - 4
- An extreme sense of numbness - 5

B.6. In the past month, to what extent do you feel that life is empty or meaningless without _____?

- No sense of emptiness or meaninglessness - 1
- A slight sense of emptiness or meaninglessness - 2
- Some sense of emptiness - 3
- A marked sense of emptiness - 4
- An extreme sense of emptiness - 5

B.7. In the past month, to what extent do you feel that the future holds no meaning or purpose without _____?

- No sense that the future holds no purpose - 1
- A slight sense that the future holds no purpose - 2
- Some sense that the future holds no purpose - 3
- A marked sense that the future holds no purpose - 4

An extreme sense that the future holds no purpose - 5

B.8. In the past month, to what extent have you felt on edge, jumpy, or easily startled?

- No feelings of being on edge - 1
- A slight sense of feeling on edge - 2
- Some sense of feeling on edge - 3
- A marked sense of feeling on edge - 4
- An extreme sense of feeling on edge - 5

Criterion C. Has your grief resulted in impairment in your in your social, occupational, or other areas of functioning? For instance, does your grief make it difficult for you to perform your normal daily activities?

- Yes - 1
- No - 2
- REF - 97
- DK - 98

If Yes, then Criterion C is met.

Criterion D. Have any of the above symptoms, including yearning and at least one Criterion B symptom, lasted for at least six months? - 1

- Yes
- No - 2

The symptoms must have persisted for at least six months to be considered “Yes”. If the respondent suggests that the symptoms have occurred intermittently, then mark “No”.

If Yes, then Criterion D is met.

Complicated Grief Diagnosis = Criteria A, B, C, and D are met. Yes - 1
No - 2

REFERENCES

Prigerson HG. Complicated Grief: When the path of adjustment leads to a dead-end. *Bereavement Care* 2005; 23 (3): 38-40

Prigerson HG, Maciejewski PK. A Call for Sound Empirical Testing and Evaluation of Criteria for Complicated Grief Proposed for DSM-V. *Omega: Journal of Death & Dying* 2005, Vol. 52 Issue 1, p9

Prigerson HG, Vanderwerker LC. Final Remarks. *Omega: Journal of Death & Dying* 2005, Vol. 52 Issue 1, p91

Prigerson HG, Vanderwerker LC, Maciejewski PK. Complicated Grief as a Mental Disorder: Inclusion in DSM. Chapter 8 in *Handbook of Bereavement Research and Practice: 21st Century Perspectives*, Eds. Margaret Stroebe, Robert Hansson, Henck Schut, and Wolfgang Stroebe, American Psychological Association Press, 2007